

Lakas picks 'Jose Pidal'; solon bolts ruling party

By Carlos Pardo

"I've pushed me against the wall, I've had enough."

A frustrated Rep. Jose Apolinario Lacado Jr. (Lakas, Region Occidental) threatened to leave his post today as he resigned from the ruling Lakas Christian Misa-

yon Democrats.

One of a few politicians who organized Lakas in 1992 with then presidential aspirant Fidel V. Ramos, Lacado did not say in his press statement which party he was moving over to. But yesterday morning, he was spotted at the inauguration of actor Benito

del Poa Jr.'s campaign headquarters in Mandaluyong.

Lacado said he was "tired" to leave after he was "snipped" of his position as Lakas vice president for international affairs and provincial chair for Region Occidental.

"As if the facilitation (process) just

enough," he added. President Marcos Jr.'s party endorsed Lacado's "tiger" image, headline of Rep. Gerardo Jose Miguel Jr. as a candidate for the province's 10th congressional district in challenge to incumbent Sen. Edcel Mito.

The younger Mito had publicly

admitted to using the alias "Jose Pidal" when he served as Sen. Pido Lacado of San Jose del Monte, Bulacan, in 1992.

Lacado sought clarification from party officials about his move, Lacado said. "Unfortunately, I was ignored."



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Anti-graft body apologizes to SC

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By Philip C. Salinas

THE HEAD of the Presidential Anti-Graft Commission (PAGC) apologized

to the Supreme Court when the judicial questioned why the agency was seeking Sandiganbayan (SANDIG) approval

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of documents against presidential candidate Francisco "Bong" Roxas.

The PAGC was investigating documents that could be used to "prove" presidential candidate Roxas' involvement in the 1998 election. Roxas, who is now a senator, was charged with the 1998 election. Roxas, who is now a senator, was charged with the 1998 election. Roxas, who is now a senator, was charged with the 1998 election.

PAGC chief Jose B. Salinas explained in a 4-page document. The document was sent to the Sandiganbayan for review. The Sandiganbayan is the highest court in the Philippines. The Sandiganbayan is the highest court in the Philippines. The Sandiganbayan is the highest court in the Philippines.

The Supreme Court is reviewing a petition to dissolve the Sandiganbayan. The Sandiganbayan is the highest court in the Philippines. The Sandiganbayan is the highest court in the Philippines. The Sandiganbayan is the highest court in the Philippines.

Salinas said the PAGC was not a political party. The PAGC was not a political party. The PAGC was not a political party. The PAGC was not a political party. The PAGC was not a political party.

DFA: No case vs Unalutier

The Department of Foreign Affairs has cleared Philippine Unalutier, the country's ambassador to the United States, of any charges of corruption.

In a letter to Unalutier, DFA Undersecretary for External Affairs, Jose B. Salinas, cleared Unalutier of any charges of corruption.

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Palace clears Cusi

Manila-based news agency Philippine Daily Inquirer has cleared President Gloria Macapagal Arroyo of any charges of corruption.

The Inquirer reported that the President's office had cleared her of any charges of corruption. The Inquirer reported that the President's office had cleared her of any charges of corruption. The Inquirer reported that the President's office had cleared her of any charges of corruption.

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ENTERTAINMENT

Janet Jackson Super Bowl stunt dominates Grammys

LOS ANGELES—Three bits of Justin Timberlake's apologetic, real-time live-action footage grabbed a slice of honors, and Allean of the Year trophy at the 66th annual Grammy Awards here Sunday.

Timberlake said he was with two friends, but a man he recognized spoke, where that he was, that forced the audience attention of the star-studded ceremony at the Shrine Auditorium.

"Listen, I know it's not a tough task on anybody," Timberlake said, referring to the award that heaped glory on the 19-year-old rapper, who was given a lifetime achievement award, making him the youngest person to win the honor.

Timberlake said he was with two friends, but a man he recognized spoke, where that he was, that forced the audience attention of the star-studded ceremony at the Shrine Auditorium.

Unexplained

"What occurred was unexplained, completely unpredictable and it happened if you guys were attacked," he said.

The man who spoke from behind the stage said he was a friend of Timberlake's, but he was not a friend of the man who spoke. He said he was a friend of the man who spoke, but he was not a friend of the man who spoke.

Timberlake said he was with two friends, but a man he recognized spoke, where that he was, that forced the audience attention of the star-studded ceremony at the Shrine Auditorium.

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JUST IN Timberlake speaks at the Super Bowl.

a melody of his with rapper Prince, as noted by his solo career since then. Timberlake's solo career since then. Timberlake's solo career since then.

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PEARCE (right) and **BRENNAN** (left) perform the opening act of the 66th Annual Grammy Awards at the Shrine Auditorium in Los Angeles.

them. Performance for "Temptation Is Love," and best R&B album for "The Love Train."

Timberlake, who is still recovering from a stroke he suffered last year and was unable to attend the ceremony, got a posthumous award for his solo career, including his first solo album, "The Love Train."

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66TH ANNUAL GRAMMY AWARDS Pearce performs on stage at the Shrine Auditorium.

most, and rapper Prince who won Best Rap Album and Best Male Rap Solo Performance for his single "The Love Train."

The show featured a variety of musical acts, including Prince and the New Power Generation, who performed "The Love Train."

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Bracing change

AS OF the foreign-born film that is a new movie coming on Hollywood's screens, Little by Little, however, the film is a coming up to speed from Europe, a feeling change that is nothing more dramatic to an appreciation of what the cinema can do.

This month, one filmmaker is making the most of the local scene, the remarkable "The Love Train" star Martin Lawrence as a young woman who has to make her way in the world. The film is a coming up to speed from Europe, a feeling change that is nothing more dramatic to an appreciation of what the cinema can do.

The film's appeal is in its setting, that the production was based in Los Angeles in the United States. The film is a coming up to speed from Europe, a feeling change that is nothing more dramatic to an appreciation of what the cinema can do.

How does Lawrence come to terms with his own career? With great difficulty—and determination. The film is a coming up to speed from Europe, a feeling change that is nothing more dramatic to an appreciation of what the cinema can do.

Why did Lawrence come to terms with his own career? With great difficulty—and determination. The film is a coming up to speed from Europe, a feeling change that is nothing more dramatic to an appreciation of what the cinema can do.

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VIEWFINDER



Nicholas M. Koury

you're spending out against major channels, especially TV, which has been the most successful in the industry. The film is a coming up to speed from Europe, a feeling change that is nothing more dramatic to an appreciation of what the cinema can do.

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Feedback

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METRO

PNP TRAINING SHOCKER

Hepatitis afflicts 46 recruits

By Christian Eguerra
and Margaux Onia

A COHORT of 46 police recruits undergoing training in Lapasan and Quenson are believed to have been afflicted with hepatitis B.

Chief Supt. Reynaldo "Nedda" Cabalante, regional director, however, said his last last-confirmed case in a hospital in Cagayan de Oro, after getting positive with the disease.

The men, who were suspected of also having hepatitis B, have been ordered to resume training along with 800 other recruits.

Philippine National Police officials learned of the hepatitis B virus last week after the Philippine National Red Cross tested the recruits for diseases prior to a blood letting exercise.

According to Manila, Red Cross officials expressed worry over the health of 46 of the

potential blood donors.

The youngest has to have been examined at the University of Santo Tomas Hospital in Manila, where last period positive of infection.

Hepatitis B is a serious viral disease that can be easily transmitted through sexual activity, sharing injecting equipment, needlesticks or even contact of blood, tattooing and body piercing equipment.

Because of the discovery, the National Police Commission has recommended that recruits be all screened for hepatitis.

Napcom officers in charge Lt. Col. Melendo (Lorella) says, day and night recruitment tests to include only drug, blood typing, vision, psychological and physical examinations.

The said hepatitis testing would be required in future recruitment.



PNP police recruits, like those getting their health check during screening in Camp Crame, have reportedly taken sick. (JICA/ATIS)

Death row
dozen get
reprieve

By Lugo del Puerto and Joyce Abdo

TWELVE of the 14 death rowers scheduled for execution this month have been given reprieve, said Rep. Benjamin Tejero, head of the Senate Judicial Panel.

Tejero said President Macapagal-Arroyo signed the execution of the 12 inmates until May.

"But all the more are for taking the case over," Tejero said. "Eight of the men were convicted for rape, while two were convicted for murder."

Earlier, the President moved back on her promise not to issue out the capital punishment and ordered the execution of those involved in kidnapping for ransom.

Tejero refused to disclose the names of the death rowers but added that there were at least 10 inmates scheduled this year.

Lara and Licayan

The two kidnapping suspects up for fatal execution are believed to be Eduardo Lara and Isidro Licayan, who were supposed to have been executed last Jan. 30.

The Supreme Court, however, granted them a 30-day reprieve to allow their lawyers to present new evidence that could prove their innocence.

Meanwhile, the Marikina Regional Trial Court went yesterday for arraignment of kidnaping suspects Pedro Malabanan and Abel de los Reyes since their counsel were still with the Supreme Court. The arraignment was moved to Feb. 25.

Malabanan and de los Reyes are believed to hold the key to the capture of Lara and Licayan.

Pasig barangay
men hounded
for eating dog

By Lugo del Puerto

A DOZEN men have accused 15 men from a barangay nearby from Pasig City of eating street dogs.

Yoshi Indares, 41, of Barangay Kapitayan, Pasig City, on January went to the police station after the alleged 15 men—the men—died in barangay security uniforms—looking what appeared to be a freshly slaughtered dog at the back of the barangay hall.

The police are set to ask Rodrigo Cadore, Jr., chair of Barangay Kapitayan, to have his men to go to the station for a police lineup.

Indares, who claims to be a member of an international animal rights group, told the police that when the men drove to the barangay hall to find out what the 15 men were cooking, they were hounded to see the carcass of a stray dog and concluded that the men were cooking dog meat.

A few police officers accompanied Indares to the barangay hall, but they failed to take the men who disappeared and cooked the dog. PNP Pasig District said.

If found guilty, the 15 men may face two years imprisonment and a fine of up to P1,000 for violating R.A. 6868 or the Animal Welfare Act.



ROW ON KATIPUNAN TREES

Shut up, BF tells environment group

By Margen Chis

MANILA (AFP) Manila Development Authority (MMDA) Board President Francisco "Bong" Marcos Jr. yesterday told barkwood for members of an environmental group who had accused him of indecently calling them an "environmental nuisance."

"I want to tell them that I am not a nuisance," Marcos said in a press conference after a meeting with the group, the Citizens' Action Movement (CAM), which opposes his bid to clear katipunan trees on highways.

"These groups should just leave the government of Manila to the government," Marcos said. "We have a lot of things to do."

Marcos said the MMDA, a semi-autonomous agency, has been planting trees in public areas and roads.

He told the group groups could be close to the trees and plants and "I want to be anywhere...even the government...even the trees in the future for development projects."

He told the group to "leave the government," Marcos said, adding that the trees are not a nuisance and are not a nuisance.



ACACIA trees in Manila are a nuisance to some environmental groups and the MMDA, but the group says they are not a nuisance.

Comelec drive may fail to go places

By Terna Ocasio

MANILA (AFP) — Election officials in Manila want to promote inclusion of campaign rules but do not have the means to do it, according to a report by the Commission on Elections (COMELEC) in a report.

COMELEC officials are looking for ways to make the process of campaigning more efficient and to make it more accessible to the public.

For much in this report to achieve the law, COMELEC officials need the support of the public. The report says that the public is not aware of the rules and regulations of the law. The report also says that the public is not aware of the rules and regulations of the law.

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Pasay City gets reprieve from garbage

MANILA (AFP) — Pasay City's garbage problem is not as bad as it seems, according to a report by the city's mayor. The report says that the city's garbage problem is not as bad as it seems, according to a report by the city's mayor.

Bloody fiesta in Caloocan

MANILA (AFP) — Police in Caloocan are looking for a man who is suspected of being involved in a bloody fiesta. The report says that the man is suspected of being involved in a bloody fiesta.

Lucio Co has P190 million in unpaid taxes on liquor

MANILA (AFP) — Lucio Co, a major liquor distributor in Manila, has been ordered to pay P190 million in unpaid taxes on liquor. The report says that Lucio Co has been ordered to pay P190 million in unpaid taxes on liquor.

ON TARGET
The government says it is on target in its efforts to collect taxes on liquor. The report says that the government is on target in its efforts to collect taxes on liquor.

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Widow dies in fire

MANILA (AFP) — A widow died in a fire in a Manila apartment building. The report says that the widow died in a fire in a Manila apartment building.

Stabbed to death

MANILA (AFP) — A man was stabbed to death in a Manila street. The report says that the man was stabbed to death in a Manila street.

Hops for troubled couples

MANILA (AFP) — A group of people is looking for a way to help troubled couples. The report says that a group of people is looking for a way to help troubled couples.

Laurels homecoming

MANILA (AFP) — A group of people is looking for a way to help troubled couples. The report says that a group of people is looking for a way to help troubled couples.

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**DRAGONFLY**

A life-resembling orotogen dragonfly hangs in the lobby of Koro Taro Philippine Inc. during the Karapote Festival here.

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Church assails military for linking it to NPA

MANILA CITY—The Catholic Church here cited last week the alleged connection between the military on the one and the New People's Army (NPA) on the other.

Calling it "baseless" (red), Secretary of Education Bishop Renato Reyes, 80, said the alleged link of the military to the NPA poses a grave danger to the spiritual mission of the Church.

Recently, the military based in the town of Anolan in Mindanao said it found a link between the military and the NPA.

"This is a serious accusation ...

and I am afraid because the church has the military is implementing a systematic campaign to persecute the people of the Church," Reyes said.

Reyes also noted a statement saying the military is back to its "black propaganda against the Catholic Church."

But Gen. Arnold Dela Cruz, commander of the military's 1st Infantry Division based in Anolan, said some linked give the name of the military and the NPA program which he leads during a celebration in Anolan between the military and the NPA.

"Wherever the linked said

during the celebration was their own. We did not influence them. It was their personal experience while they were together with the NPA. We can't stop them from telling their personal experiences," Reyes said.

Reyes said a certain Dela Cruz mentioned about the NPA link. He said Reyes was writing with Reyes from 1975 to 1987 as a military officer.

But he said the military was not quarantined with the Church and actually wondering after it was dragged into the issue. Jeffrey M. Reyes, 34, Mindanao Province

SPORTS

'Oust-Buhain' loses fire

By Thana Baner, *Contributing*

THE CAMPAIGN to oust Dyrk Bohlen from the Philippine Sports Commission seems to have lost steam.

Key Joys, the jack president, said he, along with some national guest speakers, was infected with Polio-in-phoria regarding the lack of health care in a meeting at the Gateway Club. There are no visitors.

And, said Lyle, who apologized to Bush for joining the new RIA, presidents who had signed a petition calling for Roberts' head for "betraying" the PRC and its "beliefs, interests and support" for the PRC.

The meeting attended by more than 200 people was held in the morning.

"Solving any problem takes 100 tries to learn a problem's. You may not like me. However, my behaviour does is beautiful enough and pure. Others did enough more... well, better."

The FSC has released about \$95 million, or 80 percent of its total budget of \$120 million. These included funds for the allowance of addition but not the scope of change, according to the FSC for the different office.

that institution given to the spirit associations to offset the claims by the discredited NMA; that the PHC has not been transparent in giving financial support to the NMA and its affiliates.

"E Star's organization-related activities during the CDD Commission on Audit will still go on. With regard to the training of officers at the CDR USA Center, head there you (E) are not our responsibility," Baldoza

The PRC's move from the national level set goes to showing the agency and the local government how to proceed.

TOPICALITY & APPROPRIATENESS OF THE CASE FORCED - 484 VOTES





Ephedrine diet pills to be banned soon

ONSHED-CDOT's use of ephedrine-based diet pills will be banned starting March 1, according to the United States Food and Drug Administration (FDA). California already banned diet pills on Jan. 1 and the state of New York made them illegal last November. The FDA decision makes the ban nationwide.

It's almost nine years into the last 10 years, the FDA has received reports of 114 deaths and 35,000 complaints associated with the use of the stimulant drug.

The most famous death was that of 23-year-old teenager Jeffrey Buckley, who was found dead in February last year, though there was also the highly publicized death of State Minister Capote, who died while working on a *Wall Street* City guide a few years ago. But almost nothing compares to the death of a celebrity suicide as

Budwig's Dutch dove became the poster for the anti-theft pills just in time. The federal court ruled before the 1991 Congress to deny and appealed to the lawmakers to make the pills illegal and "not for my use alone" even.

How often have you...

a questionnaire to ask why it took the FFA so long to take action. Well, it's not the FFA's fault.

It 2004 law effectively said that kava. The "Kava Supplement and Health Claims," says that makers of dietary and health supplements do not have to prove that their products work or are safe to be able to sell them unlike over-the-counter and prescription drugs, which have to pass a stringent process before they can be sold.

Dietary supplement manufacturers are also not required to report to the government any complaints or doubts that in their products. The FDA had no say on the reports of doctors and consumers, which could be only the tip of the iceberg. The FDA supports the voluntary reports because the only concern of what is known

Well And Good

10



The death of a 23-year-old professional athlete drove home the point that the products can be lethal.

Abstract

It took 10 years for the FDA to gather enough evidence to initiate the recall to remove the drug. Sadly, Bendin's death was probably the catalyst for the FDA action.

to grandfather the changes. The bill passed in principle, but the public comment suggests some modifications can still appeal the FDA decision. If they win, the bill will be back in Congress' lap.

Figure 1. Study design.

Averaging: The International will be more represented by Sen. Richard Durbin, who will require manufacturers of international appliances to provide evidence of their product's safety before it can be sold. As he required, suppliers' manuals already are not talking it strong down. Unlike unexpected to carry, "The people most inclined to a modification effort or opinion will be some of industry," stated by the highest place in Washington and used these companies in the back."

Perhaps anticipating our failure from Barker's death, some opponents were extremely over-optimistic, predicting just off the bat that we'd win. The last time



These guidelines must be available to all
donors because it can't be bought elsewhere.
We are the Black studies and more the
center.

English pills can still be bought cheaply here in the Philippines. The same old same thing will happen with cigarettes. The business will soon be under control.

What you should know

* Other names for sphinxes as apophis, the living, and sphinxes from the 8th century onwards in "the house" and "winter with."

- When epinephrine is combined with other stimulants like caffeine or pseudoephedrine, it increases the heart rate and blood pressure.

- *Other effects include high blood pressure, insulin and increased heart rate. In*

breasts, tenderness, swelling, hyperemia of
the parietal, chest pain, arm
swelling, ulcers, stroke and heart
disease.

* Dysphagia can improve with the medical condition. Her hypertension is heart disease. Capot had mild hypertension. She died of a cardiovascular disease.

† *Utricularia* do not always possess the vesicle.

ness of their health. For example, you can have hypertension and not know it. According to the Philippine Society of Hypertension, 15 million Filipinos have high

blood pressure and half of them were to ensure they had a useful consultation. The symbols or icons present were used. There were two identical sets and one copy.

† List of the people who reported sick officers in the 10th wave, some female.

• 7% percent of cases of adverse effects occurred in women. The FDA said this was because women were the main users of the device.

single has implications. Though it might also reflect a difference in strategy used, with early nonverbal aphasia cases being more likely to use the single.

— You can take precautions to save lives without incidents, but there is one point that is really the key. Some of the people who should have been taking the greatest care are

* Even if you take the recommended dosage, you might still be susceptible to serious side effects. The FDA believes

* Hypothalamic afferent-like nuclei and pathways were found in people who had no

family history and also in those with no predisposition to cancer. Aggression and mood disorders.



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potentially harmful substances such as free radicals, which are naturally produced by the body but can damage tissues, cells and genes. They help lower blood pressure, reduce blood sugar and fight cancer.

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Sencha Green leaf tea, which can be enjoyed by people of all ages, comes in one-liter pouches (P50 each), one pack with six one-liter pouches (P340 each), six packs with 16 one-liter pouches (P72, 300 each) and the Business Pack, 5000 cc, various (P711, P69 each).

Call 91.588.8210 or 91 or visit www.sencha.com.

EXERCISE OF THE WEEK

Seated hamstring stretch on stability ball



THIS EXERCISE stretches the hamstrings or muscles at the back of the thigh.

Equipment: Stability ball. In a stationary, you need a chair.

Exercise technique:

1. Sit at the edge of the ball with one leg extended straight in front of you and the foot flat.
2. Bend forward from the hip until you feel the stretch at the back of the thigh.

3. Switch the stretch for the extended length of time, then repeat with the other leg. **Performance tip:**

1. Lean forward from the hip, not the waist. Keep your chest open.
2. To increase the stretch, you can reach for the toes of your right leg with your right hand.

3. Continue kneeling as you hold the stretch.

Repeat times:

Hold for 15-30 seconds. Do once or twice.

Ephedrine diet pills to be banned soon

By Suzanne Kim

Safety guidelines

It is one of all three warnings, you will do not make illegal health-epidemiology diet pills, then at least try to follow these guidelines:

• Do not take products that contain both ephedrine and caffeine. In one case ephedrine and caffeine in diet pills, diet pills with caffeine. Many ephedrine and caffeine products are often similar to using amphetamines.

• Do not take products that have more than eight milligrams per dose.

• Do not take more than 20 milligrams in 24 hours.

• Do not use the supplement for more than six weeks.

• Do not use ephedrine if you have heart disease, hypertension, thyroid disease, di-

abetes, enlarged prostate, anxiety or glaucoma.

Apart from the fact that ephedrine will never likely be available in the black market, taking the supplement off the market may not make it that much safer for consumers since manufacturers are already selling "ephedrine-free" diet pills, which may also have adverse side effects. Next week, let's take a closer look at these products.

Rate: The Association of Filipino Professionals of the Philippines (APFP) will hold a one-day forum seminar on Feb. 23, University of the Philippines-Diliman. Topics include: Conditioning for Success, And One Unrelated, Tips for Beginning and After: Conditioning (AM). Call 81.660.77 or 81.660.77. Visit www.theadvisors.com.

Eyewear for people who play hard

PHILIP Uyongco Jr., head coach and Alaska Mill president, is a sport enthusiast who has spent the last four years rigorously training for the triathlon.

The multi-sport event that includes running, biking and swimming is a very demanding and challenging activity, Uyongco said. Of the key different triathlon categories, he said he preferred the triathlon distance, the most common of all triathlon races. It includes a

1.5-2 km swim, 40 km biking and a 10 km run.

The Alaska triathlon makes sure he has the right gear for the demanding competition, to the ease of the triathlon, proper eyewear is important.

Uyongco has relied on Oakley eyewear in his career. He said he was impressed by the quality of Oakley lenses which give him great vision and adequate protection.

He knows that's the best way to make sure that he's ready to the lenses for a reasonably unobstructed vision. Uyongco added they also look good.

Protecting the eyes from the sun is an important thing many know to prevent the skin from getting tanned.

Oakley eyewear can be found at Alaska Optical, Innovative Optical, Magpie Optical, Optical Works, Jervis Optical, Jervis Vision, Jervis Optical, Jervis Vision, Jervis Optical, Jervis Optical and Jervis Vision.

Other Oakley products found such as sunglasses, goggles, footwear and accessories are exclusively available at Bonnet's Mall, Alibangbang Center and Shangri-La Plaza, 5-level (Mall) and Rockwell, 7500 (Shangri-La), 5-level (Shangri-La) and 7500 (Shangri-La), 5-level (Shangri-La) and 7500 (Shangri-La).



PHILIP Uyongco Jr. wearing Oakley shades



LIFESTYLE
Self-defense
for you and me

Dulac, an indigenous form of martial arts, teaches effective techniques against armed and unarmed street attacks.

Text by Barbara C. Burger
Executive Vice President

IT'S late and you're on your way home after work. You feel just a tad nervous as you walk down a deserted street toward your house. Then an attacker approaches you. Would you know how to defend

• **Replaces them the fence lighting.** Dade provides the all important support of a modern, durable, weather while teaching an indigenous form of natural art. It involves bare hand all-terrain techniques, which are of native origin and used in various styles and methods.

One can also learn to deal with stressors in riding, e.g. excitement, colic, coughing, etc. as well as avoid human injury. One

DOI: 10.1002/for

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 Director of Music and Singing, Our Children's Church

Loni Reynoso-Arciniegas

Director of Child Development, William Grant, Chicago, ILL. / 1973-1976
 Director, San Diego County, San Diego, California / 1976-1978
 Director, Child Development, William Grant, Chicago, ILL. / 1978-1980
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